

Reading Others Notebook

SEL · Social Awareness

Name: _____

Draw or glue a picture here:

🔍 Reading Others Notebook · Page 1

Name: _____ Date: _____

1. 🖼️ Draw or glue the person

2. 🔍 My clues (eyes, eyebrows, mouth)

_____

_____

_____

_____

3. 💭 The feeling I think it is

_____

_____

happy · sad · mad · surprised · scared · nervous · excited · disappointed · proud

4. 💬 My evidence

I think they feel ___ because their ___.

_____

_____

_____

✂️ What's the Feeling? card 1 of 4



Eyebrows pull down. Lips press tight. Eyes stare hard.

1 😊 happy · 2 😠 mad · 3 😴 tired

✂️ What's the Feeling? card 2 of 4



Eyes open wide. Eyebrows go up. Mouth makes an O.

1 😮 surprised · 2 😢 sad · 3 😴 tired

✂️ What's the Feeling? card 3 of 4



Big smile. Eyes crinkle at the sides.

1 😠 mad · 2 😊 happy · 3 😨 scared

✂️ What's the Feeling? card 4 of 4



Eyes look down. Mouth turns down. No smile.

1 😢 sad · 2 🤩 excited · 3 😮 surprised